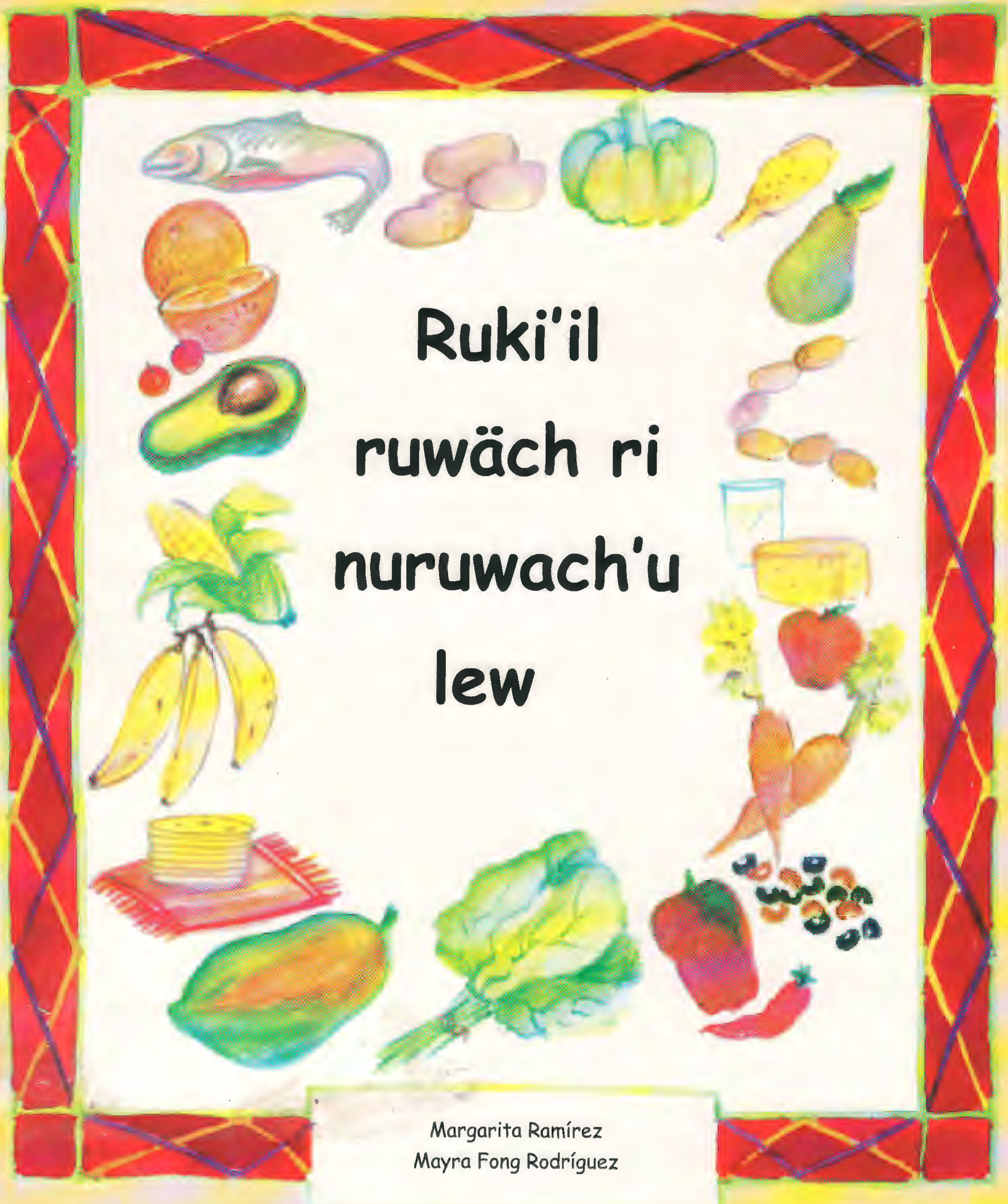
Ruki'il ruwäch ri nuruwach'u lew



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Ruki'il ruwäch ri nuruwach'ulew

Colección: Materiales Educativos, No. 157
Serie: Kaqchikel, No. 46
Área: Ciencias Naturales, No. 13
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Okb'äl Tzij

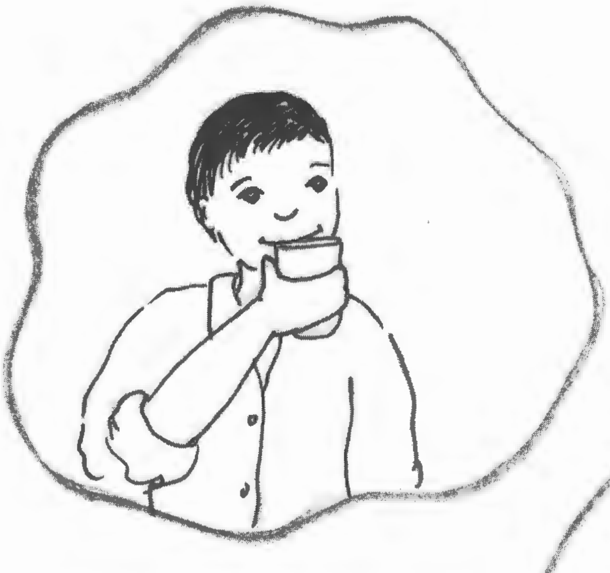
Re jun sik'iwuj re' nuxïm rub'eyal rik'in rub'anik ri tijonïk. Ri ch'utaq ak'wala' tikirel nketamaj ri akuchi' e alaxinäq wi pe rikil ri q'utu'n, chuqa' kan tikirel nkitojtob'ej rukï'il ri q'utu'n nketamaj rub'anik ri jalajöj q'utu'n nk'ut kiwäch chi kiwäch.

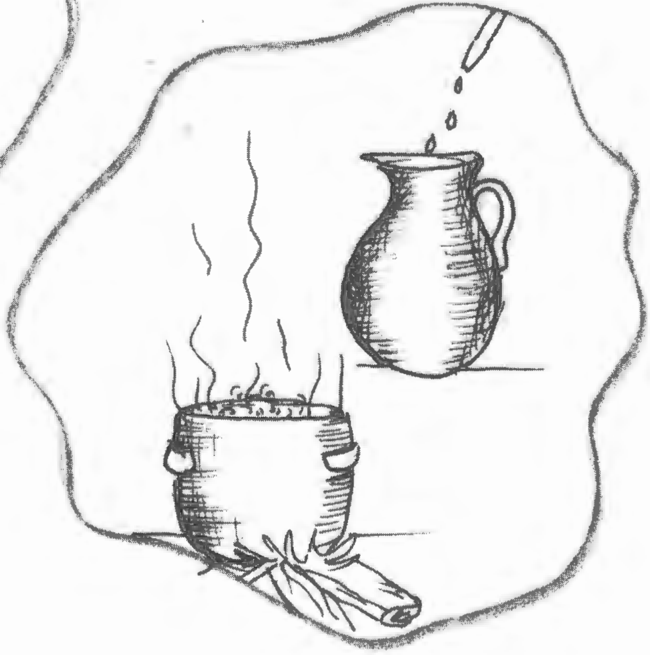
Ri nusik'ij re wuj re' nrïl achike yeqa rik'in jun maya' wa'in chuqa' ri kaxlan. Rik'in re na'oj re' nqanojij chi nqato' retamaxik chuqa' ri rayb'äl rub'anik kiq'utu'n ri qati't chuqa' ri qate'.

Nqarayb'ej chi ütz ta xtitz'ët chuqa' ütz ta xtina'.

Ronojel rikil ri wa'in yeqatïj qa yokito' richin nuya' quch'uqa' chi yojsamäj, yojch'ob'on chuqa' richin ütz qana'oj nqab'än. Xa ruma k'a ri', yalan k'atzinel chi ütz nqilij jub'a' qi'. Ütz ta ri' jeb'el ta yeqatïj jalajöj kiwäch q'utu'n richin jantape' ütz qawäch, ma jun ta yojyawäj chuqa' manäq ta öj relen chuqa' yalan ta öj kosnäq.

Chuqa' yalan k'atzinel chi nqaqüm ta k'ïy ya' jantape'. Ri ya' nel el pa qach'akul taq yojtz'oqpin chuqa' taq yojchulun. Ruma k'a ri' tikirel chi nqaqüm ta kaji' o waqxaqi' xa'r ya' ri jujun q'ij. Richin nqaq'ät chi ruwäch ruchikopil ri ya', tikirel nqab'än ke re':

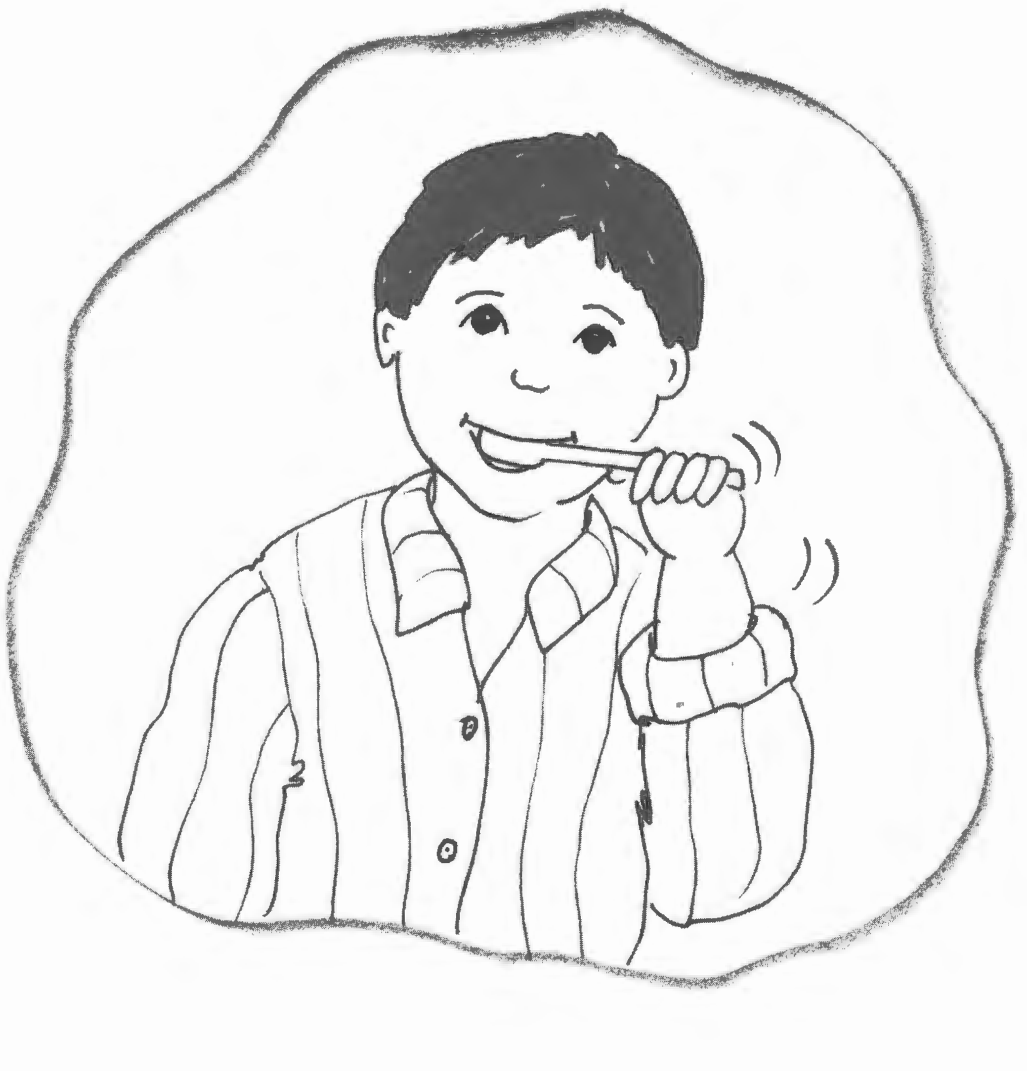




- tiroqowisäx ri ya' jun wolajuj ch'utaq ramaj, chuqa' ütz,
- tiya' oxi' k'aj raq'omal ya' (cloro) chi rupam wo'o' leme't ya', k'a ri' nawoyob'ej juk'al (20) ch'utaq ramaj richin ütz chïk niqum qa.

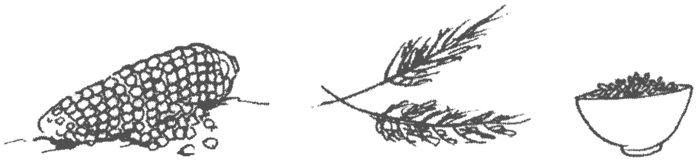
Tiqachajij jub'a' qi' rik'in rutijik ri atz'am chuqa' ri asukr (azúcar). Man ütz ta yalan k'iy atz'am natïj.

Ri asucr nretzelaj ri eyaj. Ruma k'a ri', tiq'at jub'a' rutijik ri jalajöj kiwäch kab', ri kakow taq kab' chuqa' man ütz ta nitij ri kiläj ya'. Re jalajöj taq k'ayij re' nunojisaj apam, xe man nuya' ta ruchuq'a' ri ach'akul. Wi k'o jun b'ey nqatz'üb' jun kab', jun kach' k'o chi nqach'äj ri qey chanin.



Jun utziläj wa'in chuqa' yalan tz'aqät k'o nitij jub'a' re:

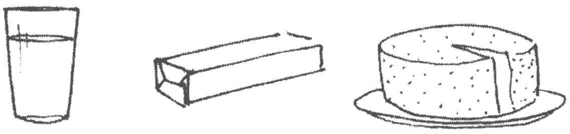
- ri iximal (ixim, mixmöj ixim, aros, rukawach matz'ixim, k'aqixim),



- jalajöj taq pejïk (pejïk kinäq', alb'ertix, aws),

- jalajöj xolq'utumal chuqa' ri munil,

- yaläj taq k'ayij (ruya'al tz'umaj, tzepetzïk kexu, ri kexu, yaläj kexu),



- ri k'ayij petenäq kik'in ri chikopi' (saqmolo', kär, äk', tï'ij, ri aj paya' chikopi').

Jun ka'i' na'oj richin jun utziläj wa'in:

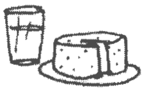
1. K'atzinel chi keqatija' jalajöj kiwäch taq wa'in richin jujik yeqïl ri nkiya' uchuq'a' chi re ri qach'akul.

2. K'atzinel chi yeqatïj k'ïy kiwäch munil, xolq'utumal chuqa' ri jalajöj taq pejïk.

3. Tiqakanoj rub'anikil chi keqatija' ri aj paya' chikopi' (ri cho'n, täp) chuqa' ri kär, kamul pa jun ruwuq q'ij.

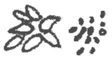
4. Tiqatija’ jun b’ey, kamul ri ti’ïj pa jun ruwuq q’ij.

5. Ri saqmolo’ tikirel titij oxmul, kajmul b’ey pa jun ruwuq q’ij.



6. Tiqakanoj rub’anikil chi keqatija’ ruya’al tz’umaj chuqa’ ri kexu, ri tzepetzïk kexu chuqa’ ri yaläj kexu. Re pison taq k’ayij re’ yalan k’atzinel chi re ruk’iyilem jun ak’wal.

7. Keqatija’ ri xolq’utumal chuqa’ ri jalajöj taq munil, achi’el taq noqa kiq’ijul chi yewachin richin k’a kiwuxik taq yeqatïj, qajnäq jub’a’ kajïl chuqa’ jeb’el e ki’.

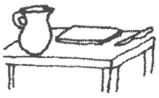


8. Keqokisaj ri e k’ilin rikil wa’in chuqa’ ri e jok’on ri nkiya’ rikil ri uk’ya’ chuqa’ ri jok’o’n, ri ch’ereb’an.

9. Richin nqajäl jub’a’ kiki’il ri wa’im, tikirel nqokisaj ri anxa, xnakät chuqa’ achi’el ri rojxiwan, chipiraq’omal q’utu’n.

10. Man tiqamestaj wi jeb’el ütz yojwa’ ri nimaq’a’ yojruto’ richin nuya’ quchuq’a’ ri jun q’ij.

Wakamin, nqetamaj jujun ruwäch ri q’utu’n chuqa’ achike rub’anikil kib’anik. Taq nqab’än ri jujun ruwäch q’utu’n k’atzinel chi nqak’utuj utzil chi re jun nimawinäq richin man jun achike nqak’ulwachij. Taq nqatikirisaj qa, k’o chi nqaya’ ruq’ij jun ka’i’ re na’oj re’:



1. Ri akuchi’ yeqab’än utzil ri q’utu’n k’o chi ch’ajch’öj chuqa’ ronojel k’o pa rucholajem, chuqa’ manäq ta chikopi’.

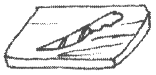
2. Ri q’ayïs k’o chi yeqaroqij el pa jun k’ojlib’äl näj jub’a’ chi re ri qachoch. Tikirel chuqa’ nqaya’ jub’a’ pa jun k’ojlib’äl pa qachoch. Re k’ojlib’äl re’ jantape’ ta tz’apäl ruwi’ richin man yeqa ta amolo’, chajaljay chuqa’ ri ch’oy chi rupam.

3. Taq nqachäp qa rub’anik ri qaq’utu’n k’o chi jeb’el nqach’äj qaq’a’ pa xab’on, chuqa’ ütz pa chaj rik’in ch’ajch’öj ya’.

4. Richin nqachajij ri qatzyaq, k’o chi nqokisaj jun kuchb’äl ruwaqak’u’x, chuqa’ jantape’ tik’oje’ jun ruchi’ qatzyaq richin nqasu’ ri qaq’a’ chuqa’ richin chi keqasu’ ri akuchi’ yojsamäj.

5. Taq nqachäp qa rub’anik ri q’utu’n, k’atzinel chi natz’ët chwäch ri wuj achike yeqa rik’in k’a ri’ ütz naya’ pa ruwi’ jun ch’atäl ronojel ri k’atzinel chi re ri q’utu’n, chuqa’ k’o chïk ronojel ri samajib’äl ye’ik’atzin chi qe.

6. Ri jalajöj taq munil chuqa’ ri xolq’utumal ri yeqokisaj, k’o chi jeb’el nqach’äj el rik’in ch’ajch’öj ya’ -ri ya’ roqowisan, wi manäq ya’om jub’a’ raq’omal (cloro) rik’in- chuqa’ k’atzinel chi yech’aj el rik’in jun tzya’q.



7. K’atzinel chi jantape’ yeqokisaj jun utziläj selb’äl chuqa’ jun ch’uti peraj che’ richin yaqupin, nak’ajij ri nawajo’ chi ruwäch.

8. Taq nqab’än ri qaq’utu’n, jantape’ tiqaya’ ruq’a’ ri qab’ojo’y, ri qaxalten akuchi’ manäq yeqasiloj ta kan, chuqa’ man nkipiskojij ta pe ki’, ke ri’ nqaq’ät chi ruwäch jun k’atïk. Tuqa pa qajolom chi ri q’utu’n k’atän, ri ya’ k’atän taq yetix pe nub’än k’atïk.

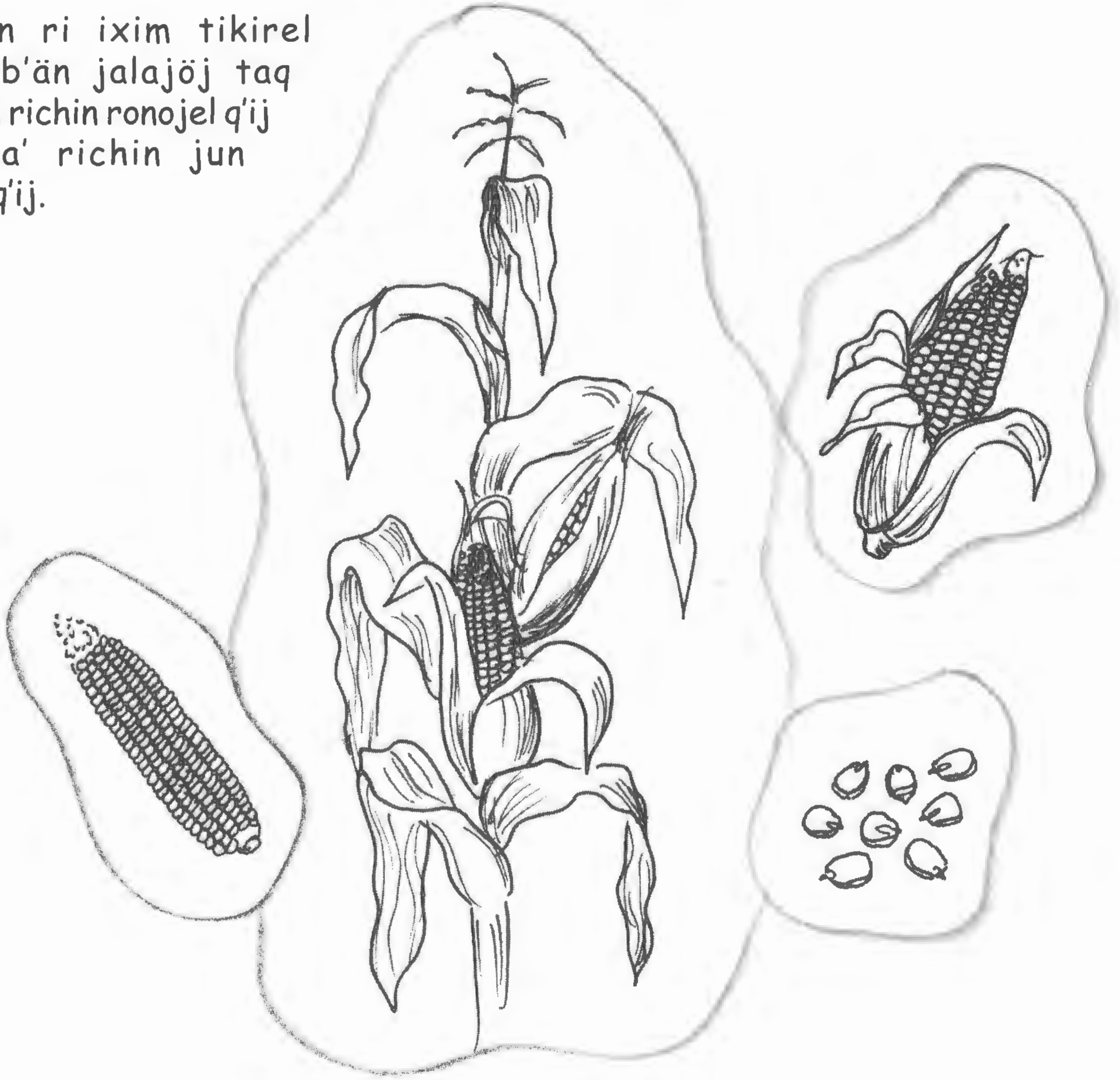
9. Jantape’ tiqapisa’ ri qaq’a’ taq nqachäp ruq’a’ jun b’ojo’y, jun läq chuqa’ achike na jun k’ojlib’äl ri k’atän; chuqa’ ke re’ nqaq’ät chi ruwäch jun k’atïk. Chuqa’ yalan k’atzinel chi nachajij awi’ najäq qa jun b’ojo’y k’atän ri ruxla’ ri q’aq’ chuqa’ nik’aton.

10. Taq yojtane’ chi rub’anik ri qaq’utu’n yalan k’atzinel chi nqanik’oj kan wi ri q’aq’ jeb’el xchup kan. K’a ri’ tiqasu’ kan ri akuchi’ xojsamäj wi chuqa’ ri q’ayïs tib’eqaroqij kan jumül.

Ri ixim ja ri' ri man jalatel kiway ri mayi' taq winäq. Achi'el xkib'ij kan ri qati't qamama', chi ri ixim xaläx pe chi ruwäch jun juyu' rub'i' Paxil. Re jun loq'oläj wa'ib'äl.

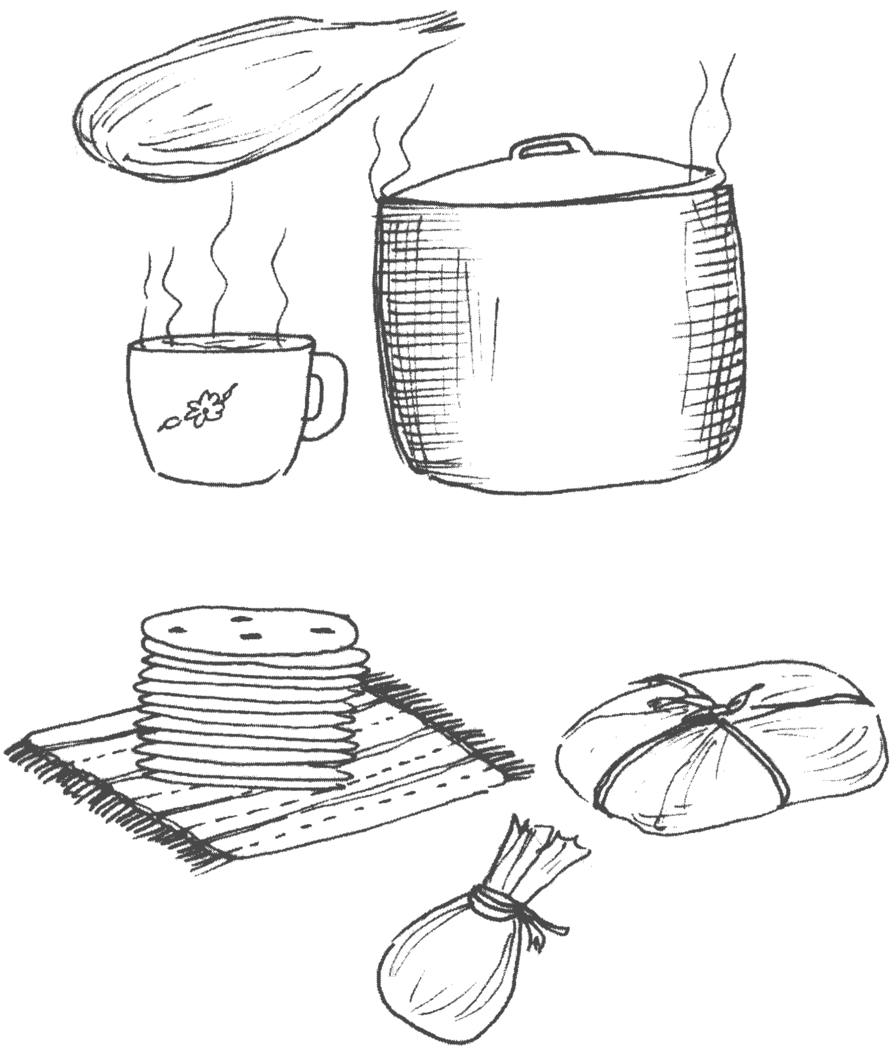
Jalajöj ruwäch ri jäl; k'o ri saqijäl, q'anajäl, kaqajäl, raxwach chuqa' ri matzi'tz. K'o ri jeb'el ye'el pa tew ulew, k'o k'a ri jeb'el ye'el pa lilöj ulew chuqa' pa meq'ën ulew. K'o chuqa' ri jeb'el ye'el pa jomojïk ulew, k'o ri aj ruwa juyu'. Rik'in ri jalajöj kiwäch taq ija'tz chuqa' tikirel yeb'an jalajöj kiwäch wa'im rik'in.

Rik'in ri ixim tikirel yeqab'än jalajöj taq wa'im richin ronojel q'ij chuqa' richin jun nimaq'ij.



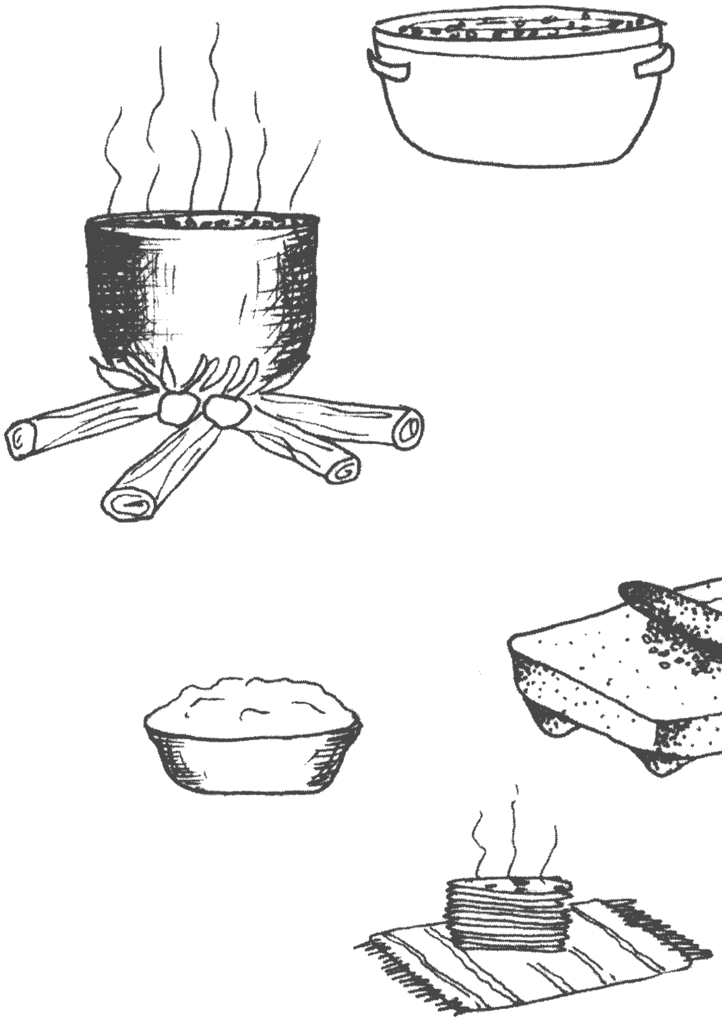
Ri kaxlani' taq winäq xketamaj ruwäch ri ixim k'a toq xetoqa na chi ruwäch re K'aqosetul taq ulew. Ri kan jeb'el xkitz'ët chi ri ixim tikirel nkitïj ri ak'wala' chi rupam ri jalajöj taq juna' taq yek'ïy el. Ri qate' qatata' chuqa' ri qati't qamama' ke re' rub'anik nkib'än rik'in:

- taq k'a jeb'el na äj, yekib'än q'or chuqa' kab' rik'in,
- taq kow chïk ruwäch ri äj, nkib'än jok' rik'in, ja k'a,
- taq chaqi'j chïk ri ixim, yekib'än sub'an, takamäl, ponon wäy chuqa' ri k'äj.



Ri tz'o' jun rucholajem rub'anik nb'an chi re ri ixim richin yeb'an jalajöj ruwäch wa'im chi re. Rub'anik ri tz'o', netäx janipe' ri ixim ntzak qa, k'a ri' niya' qa chun rik'in chuqa' ütz niya' qa chaj richin nrelesaj rij ri ixim. Pa ruka'n q'ij, nch'aj el ri tz'o' k'a ri' nchap ruke'exik chi ruwäch ka', k'o b'ey nik'am el pa motor. Rik'in ri ke'en xtik'achoj nkok'ïx richin rub'anik ri ponon wäy, ri takamal chuqa' ri sub'an.

Ri tz'o' nb'an chi re ri ixim chi jeb'el nuya' ruchuq'a' ruma k'o chïk chun rik'in chuqa' nb'e ri ya' chi rupam. Akuchi' ri yalan ntij ri ixim chuqa' manäq nkiya' ta el chun rik'in chuqa' man nkib'än ta achike rub'anik ri tz'o', chuqa' man nkiya' ta el kinäq' rik'in, ri winaqi' nuya' jun yab'il chi ke rub'i' "pellagra" pa kaxlan.



Rub'anik ri äj q'or

Nik'atzin chi qe:
Wolajuj äj ri kow chïk jub'a'
Lajuj xa'r ch'ach'öj ya'
Oxi' xil ch'utaq kanela
Nik'aj ch'uti pak'a'ch atz'am
Ri k'ajk'ab' janipe' ri ütz nana'

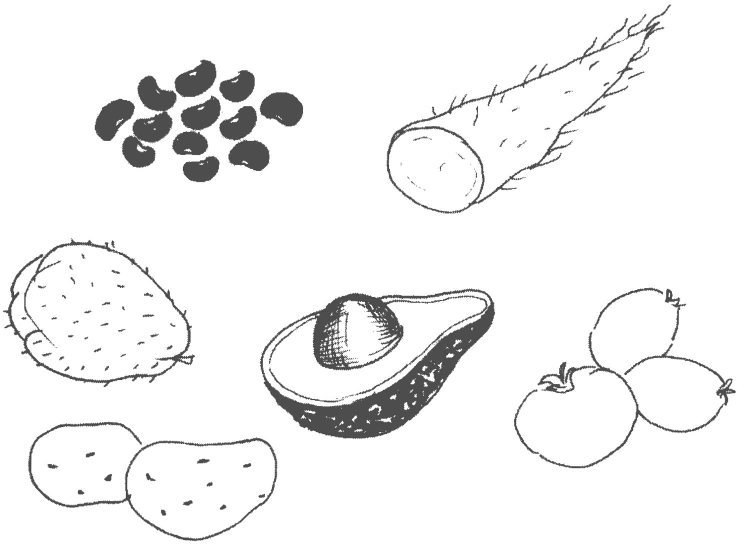
1. Nqajäch kan oxi' äj richin nqatzïk qa pa jun ch'uti b'ojo'y.
2. Nqak'ät, nqab'äq kab'lajuj äj chi räx, k'a ri' nqake'ej chwa ka' k'o chi jeb'el kok' nub'än kan.
3. K'a ri' nqachayuj chuqa' nqayïtz' jeb'el rij ri äj.
4. Nqaya' qa pa q'aq' ri äj ke'en qachayun chïk, nqaya' q'ij chi niroqon jun lajuj ch'utaq ramaj. Taq niroqon pe nqaya' qa ri kanel rik'in ri atz'am. Rokik k'o pa q'aq', k'atzinel chi nqatük rik'in jun tukulb'äl richin man ntz'aje' ta kan pa rachäq ri b'ojo'y.
5. K'a ri' nqab'äq ri äj qatzakon chïk richin nqaya' qa jujun ch'utaq pak'a'ch ri äj rik'in jujun xa'r q'or.

Ri takamäl

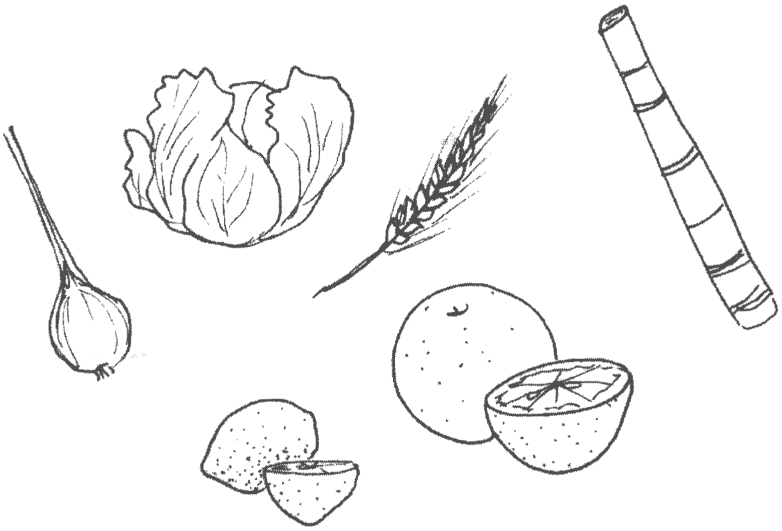
Nik'atzin chi qe:
Oxi' etab'äl säq ixim
Jun leme't rik'in nik'aj yich'onya', chuqa' ütz jun etab'äl q'än
Oxi' etab'äl ruti' aj ruwa jay äk', ütz ruti' qolqöl chuqa' ütz ruti' aq
Najowäx ruxaq k'ox chuqa' ütz ruxaq saq'ul richin napisb'ej
Najowäx sib'äq' richin niximb'äx
Ka'i' etab'äl ri aros ri b'anon pa taq nik'aj
Kaji' etab'äl xkoya'
Nik'aj etab'äl altomate
Waqi' waqlajk'aj ri sakil tz'etz'
Waqi' waqlajk'aj ri ch'aqi'jik
Ka'i' waqlajk'aj ri k'uxu'
Ka'i' nima taq raxik
Oxi' ri nïm
Ka'i' k'olo'ch ikilal ri käq
Ri atz'am janipe' ri nawajo'

1. Nicha' ri aros, k'a ri' nimub'äx kan jun aq'a'.
2. Niqab'än juroq chi re ri ruxaq k'ox, ri ruxaq saq'ul qupin chïk el, rachb'ilan ri sib'äq'.
3. Yeqach'äj eqal ruxaq ri k'ox, ri ruxaq ri saq'ul richin man yeretzetäj ta.
4. Yeqach'äj ri sib'äq', k'a ri' yeqaxïl kiwäch chuqa' yeqatz'ët chi man kek'oqpitäj.
5. Nitzak qa ri ixim richin ri tz'o'.
6. Nqelesaj kan ruya'al ri aros, k'a ri' nqayüj qa rik'in ri tz'o'. Nqake'ej ruwi' chi ka'i' ruwäch.
7. Nib'an q'or chi re ri ke'en, k'a ri' ntzak qa. K'atzinel chi jantape' ntuk chi tukulb'äl. Taq nroqon chïk nqayüj qa ri yich'onya', chuqa' ütz nya' qa q'än rik'in rachb'ilan ri atz'am. Ri q'or nb'ek'achoj taq niya' qa juk'aj ri q'or pa tewläj ya', re q'or re' nuk'olochij ri'.
8. Nqaqupij pa oxk'al (60) xil ri ti'ïj, k'a ri' nqach'äj utzil.
9. Nqelesaj kan runaq' ri nima raxik ik, ri nïm chaqi'jik. Nqach'äj ri ik, ri xkoya', ri altomate k'a ri' yeqaroqowsaj lajuj ch'utaq ramaj.
10. Nqak'ilij rusakil tz'etz', ri ch'aqi'jik chi kijujunal; nqake'ej ruwi' chi ka'i' pa jun b'ey k'a ri' nqaya' qa rik'in ri tukun ik akuchi' xeqaroqowsaj ri xkoya'.
11. Nqake'ej ri altomate, ri ik chuqa' ri k'uxu', k'a ri' nqayüj qa rik'in ri jok'on ch'aqi'jik rachb'ilan ri rusakil tz'etz' ke'en ruwi'.
12. K'a ri' nqaroqowsaj ronojel ri ik jok'on ruwi' rachb'ilan ri ti'ïj chuqa' ri atz'am.
13. K'a ri' e qab'anon chïk xil taq k'olo'ch ikilal.
14. Niqaya' jun ruxaq ri k'ox pa ruwi' ri ch'atäl, niqasu' jeb'el, k'a ri' nqaya' pa runik'ajal juch'uti k'olaj ke'en. Pa runik'ajal ri ch'uti k'olaj ke'en nqaya' qa juxil ch'uti ti'ïj rachb'ilan jub'a' pul'ik, chuqa' jun ch'uti xil pimiento ik. Yeqatün rutza'n ruxaq ri k'ox, k'a ri' nqaq'öch. K'a ri' nqaxïm rik'in ri sib'äq'. Ke re' nqab'än chi re ronojel k'a xib'ek'is ri ch'utaq raq'omal.
15. Nqakanoj jun nïm b'ojo'y. Chi rupam qa ri b'ojo'y yeqaya' qa ruxaq taq k'ox. Yeqachöl ri takamäl chi rupam ri b'ojo'y, junam nb'an chi re ri rucholik richin jeb'el nik'o ruxla' ri q'aq' chi kikojöl ri takamäl; pa runik'ajal nqaya' qa jub'a' ruya'al. Taq xtinoj pe ri b'ojo'y nqaya' qa ruxaq k'ox chi rutz'apexik ri b'ojo'y, k'a ri' ntz'apäx rik'in jun wachinaq.

Julëy chïk ya'öl ruchuq'a' qach'akul xkiya' kan ri ojer qati't qamama' ja ri: kinäq', ri k'um, ri tz'in, ri q'anatz'in, ri k'ix, ri oj chuqa' ri xkoya'. Ri is chuqa' ri maniya e petenäq chi ruwäch raponib'äl kaq'iq' chi re ri K'aqosetul ulew, akuchi' e k'o wi qach'alal e quechuas.



Ri kaxlan taq winäq xkik'äm pe pa K'aqosetul ulew ri matz'ixim, ri rukawach matz'ixim, ri ajij, ri xnakät, ri ch'ami munil achi'el ri limonix chuqa' ri xna'j.



Röj chuqa', achi'el ri qati't qamama', nqatïk ri kinäq' chuqa' ri k'um chi rukojöl ri awän pa taq meq'möj ulew. Ri ruxaq ri awän numujaj ri kinäq' chuqa' ri k'um. Ri kinäq' nuk'äl el ri' chi rij ri awän taq nk'ïy el. Chuqa' ke ri' ruxaq ri k'um nuküch ruwäch ri ulew richin nuto' chi ri ulew räx jantape', chuqa' nuto' richin man kan ta nuqirirej el ya' ri ulew. Ri kinäq' yalan nuya' ruchuq'a' ri ulew richin ütz nel ri awän chuqa' ri k'um.

Ri kinäq' k'atzinel chi ntzak pa ch'ajch'ojiläj ya', k'o winaqi' ri kan nkiya' qa k'ajin ik chi rij. Ri kinäq' ütz nb'an pa pul'ik, chuqa' ri rat ütz nana', tikirel naya' qa sik'ïj chuqa' much' rik'in.

Ri kaxlani' taq winäq man ketaman ruwäch ri kinäq', xe ri aws, ri rukawach ri alb'ertix chuqa' ri ch'utaq tz'aruwäch.

Ri ik'oy, ri k'um chuqa' ri q'oq' yeqab'än pa taq peraj chuqa' tikirel yeqab'än pa kab'. Taq nb'an jun nimaq'ij tikirel nok qakolob'al, achi'el nkib'än ri winäq taq noqa kiq'ij ri anima'i' (pa ruka'n q'ij chi re ri noviembre).

Ri ik'oy tikirel nqatïj k'a ya' ruwäch, chuqa' taq kow chïk rij, chuqa' ütz niya' chi rij ruya'al q'utu'n.

Chuqa' ütz ntij rusakil ri k'um, ri ik'oy tikirel nchaqirisäx, nk'ilïx, k'a ri' nke'ëx ruwi'. Rik'in ri sakil ke'en ruwi' tikirel nb'an jok'o'n, ch'ereb'an chi re, kan jeb'el titij.

Pa ruya'al ri ik'oy

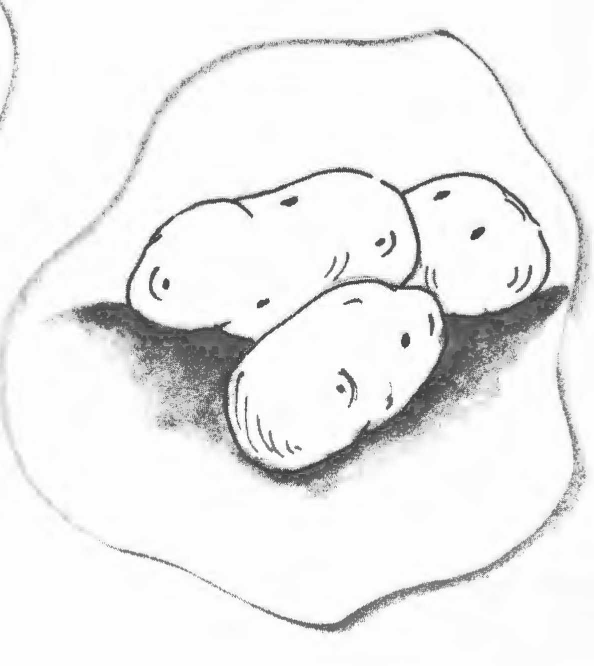
Nik'atzin chi qe:

Jun ik'oy nïm
Ka'i' q'anxe'n
Ka'i' ko'öl taq ik'oy
Ka'i' paps
Jun xnakät
Ruxaq taq jub'ül icha
Yich'on ya'
Atz'am

1. Nqapïr qa ri ik'oy pa ch'utaq peraj, nqelesaj el ri rij, k'a ri' yeqab'än ch'utaq xil chi re.
2. Yeqaqupij ri ch'utaq ik'oy pa ch'utaq peraj, ja k'a ri q'anxe'n chuqa' ri ko'öl taq ik'oy yeqasël pa taq tz'aratz'äq.
3. Nqak'ajij ri xnakät k'a ri' nqak'ilij pa yich'on ya' pa jun lik'ilïk b'ojo'y.
4. Nqaya' qa ri ik'oy, ri is, ri q'anxe'n chi rupam ri ruya'al. Nqaya' q'ij chi nroqon na, k'a ri' nqasaj jub'a' ri q'aq', nroqon na chïk wolajuj ch'utaq ramaj k'a jeb'el na nchaq'aj ri q'anxe'n k'a ri' nqelesaj pa q'aq'.
5. Nqayüj qa ri ko'öl taq ik'oy rik'in, re' nroqon na wo'o' ch'utaq ramaj chi rupam.
6. Pa ruk'isib'äl nqaya' qa ri atz'am chuqa' ri jub'ül ichaj rik'in.

Ri is petenäq pa ruqajb'äl q'ij ri K'aqosetul ulew. Ri is nk'oje' chi ruxe' ri ulew. Ri qach'alal e Quechuas yekitïk jalajöj ruwäch ri is. Ri ojer taq winäq Incas xkinojij jun rub'eyal richin ruyakik ri is; nikiya' kan chi ruwäch ulew jun aq'a' richin chi jeb'el nkowïr ruma ri tew; pa ruka'n q'ij, yeb'eyaj pa ruwi' richin nkelesaj el ri ab'äj tew chi rij, k'a ri' nkichaqirisaj chi ruwäch q'ij. Re rub'anikil re' nkib'än kaji' wo'o' q'ij yetane' taq k'a jeb'el na nchaqij. Taq chaqi'j chïk ri is nkib'ij "chuño" chi re, rik'in re rub'anikil re' nyalöj k'ïy juna' ri ma jun achike ta nub'än, taq nkitzäk chïk jun b'ey xe nkiya' jub'a' ya' rik'in ütz chïk jun b'ey.

Ri kaxlani' taq winäq nab'ey xkixib'ij ki' chi ruwäch ri is, ruma nkib'ij chi xa nretzelaj ri ulew, chuqa' rik'in jub'a' nuya' yab'il. K'a xik'o na k'ïy juna' k'a ri' xketamaj chi ri is man kan ta k'ayew nitik, chuqa' jeb'el nuya' ruchuq'a' ach'akul chuqa' jeb'el nk'oje' ruxe'.



Ri ponon is

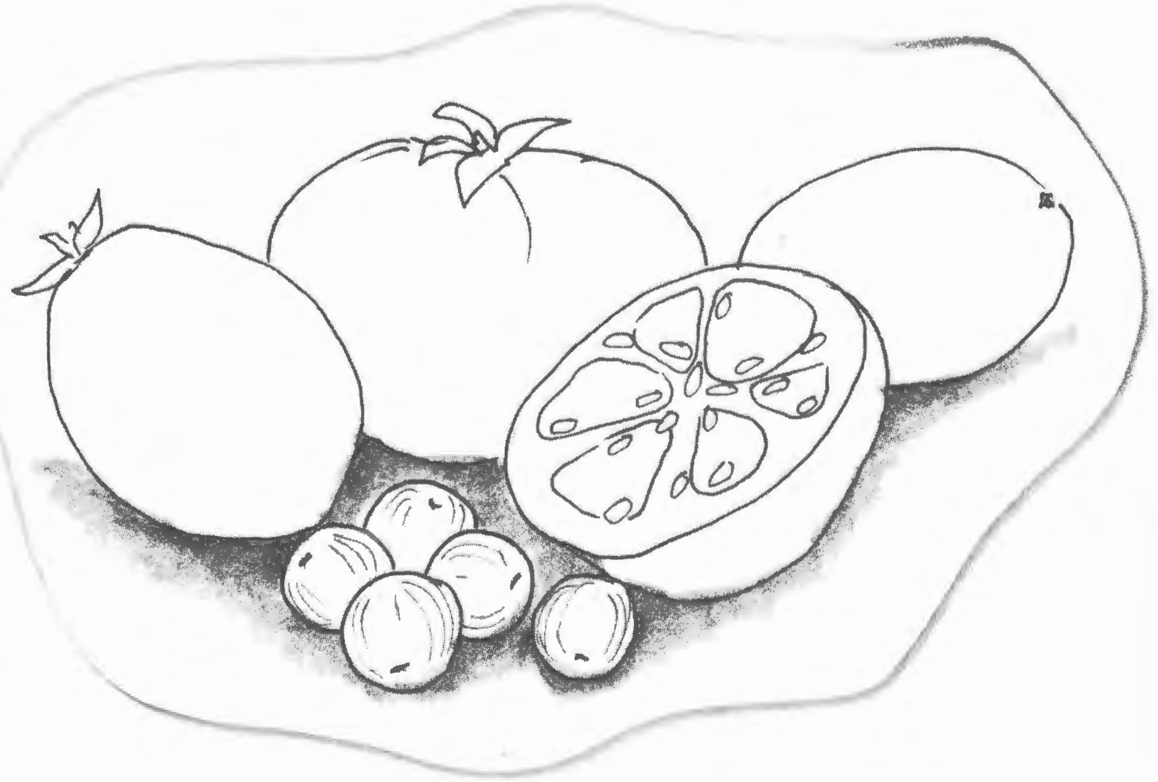
Nik'atzin chi qe:

Jun etab'äl ri is
Nik'aj etab'äl xkoya'
Ka'i' saqmolo'
Jun ko'öl xnakät
Jun runaq' ruwäch ri anxa
Yich'on ya'
K'äj
Atz'am

1. Nqatzäk qa ri is pa jun b'ojo'y chuqa' jumül nqaya' atz'am chi rij. Richin chi ri is ma nusäch ta kan ri ruchuq'a' ütz ntzak qa rachb'il ri rij.
2. Nqak'ajij ri xkoya', ri xnakät chuqa' ri anxa.
3. Nqake'ej ruwi' ri is.
4. Rik'in ri is ke'en chïk ruwi' nqayüj qa ri xkoya' rik'in, ri xnakät, ri anxa chuqa' ch'uti jumoq' k'äj rik'in.
5. K'a ri' nqatük ri saqmolo'.
6. Rik'in ri is ke'en ruwi', nqab'än achi'ël ch'utaq pixtun, k'a ri' nqak'owisaj chi rupam ri saqmolo' tukun.
7. K'a ri' nqaq'anarisaj ri ch'utaq pixtun is pa yich'onya', yeqelesaj el taq nqatz'ët chi xeq'anär yan jeb'el.

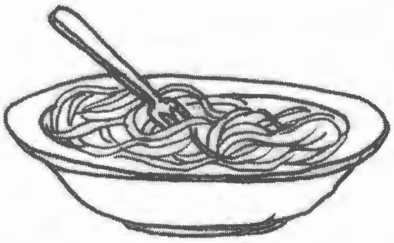
Ri altomate petenäq pa México. Ja k'a ri xkoya' petenäq pa ruqajb'äl kaq'iq' chi re K'aqosetul ulew. Ri tzij "tamatl" petenäq chi re ri ch'ab'äl nahuatl, ja re' ri kich'ab'äl ri aztecas. Ri nab'ey taq kaxlan winäq ri xetoqa chi ruwäch re ruwach'ulew re', nkib'ij chi ri qati't qamama' nkitün ri ik rik'in ri xkoya' richin nkib'än ri pul'ik.

Pa xulan chi re ri Saqasetul ulew, achi'el ri ruwach'ulew Italia, ri xkoya' chanin xuk'än kiwa chi rij, xkiwokisaj richin xkib'än ri pul'ik chuqa' rik'in re xkoya' xekinojij jalajöj kiwäch q'utu'n: achi'el ri k'olo'ch ti'ij pa rab'iq'utumal, pospïk q'utu'n, chuqa' juley chïk.



K'olo'ch ti'ij pa rab'iq'utumal

Nik'atzin chi qe:



Nik'aj etab'äl rab'iq'utumal
Jun xnakät
Waqi' xa'r ya'
Ka'i' ruwi' anxa
Ka'i' onza ri mantequilla, chuqa' ütz ri yich'onya'
K'a'i' ruxaq ri rojxiwan
Jun ch'uti raqän ri chay rikilq'utu'n
Jun pak'a'ch ri yich'onya'
Jun etab'äl xkoya'
Oxi' raqän ri jub'ül ichaj
Ka'i' k'olo'ch ikilal käq
K'olo'ch ikilal
Atz'am

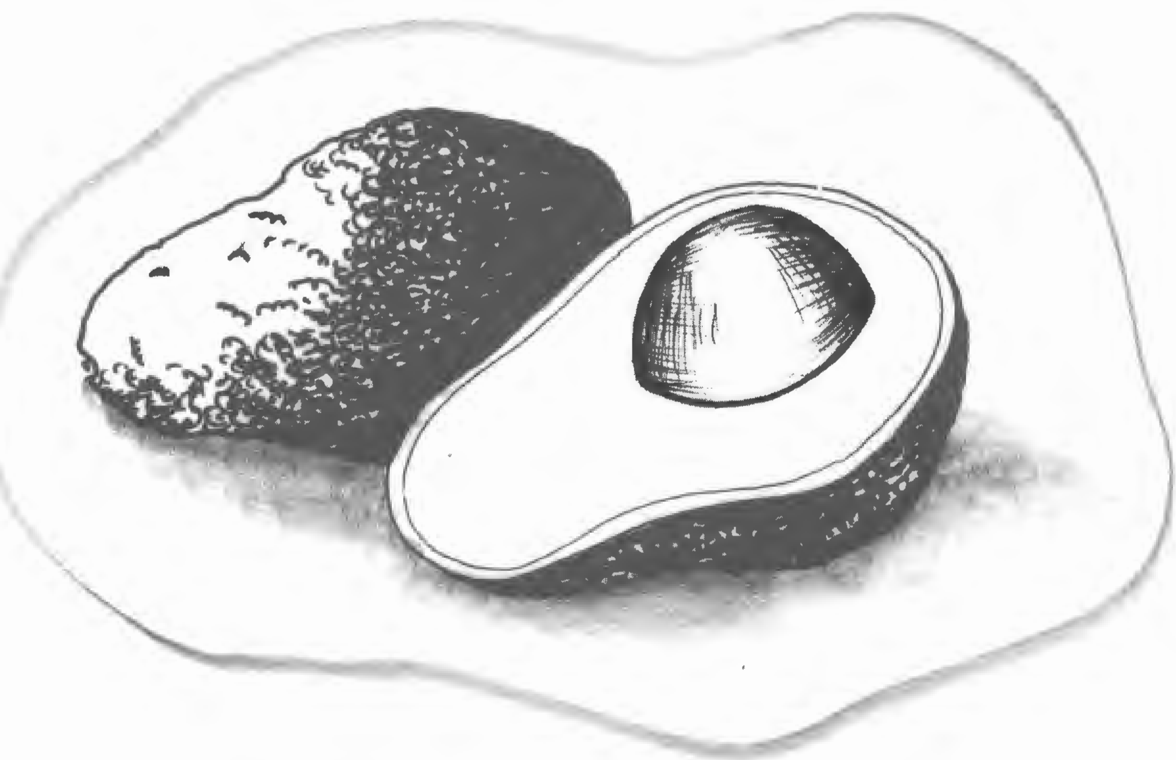
1. Nqamëq' ri ya' rik'in atz'am, rojxiwan, chay rikilq'utu'n, chuqa' jun pak'a'ch ri yich'onya'.
2. Taq nroqon ri ya', nqaya' qa ri rab'iq'utumal. Taq xb'yub'ujïr yan ri rab'iq'utumal nqelesaj el pa q'aq', nqach'äj chuqa' nqelesaj el ri ruya'al.
3. Nqake'ej ri xkoya', ri ik chuqa' ri anxa.
4. Nqaq'anarisaj ri xnakät chi rupam ri qasq'anal k'a xtisaqsojïr na jeb'el. Nqayüj qa ri ke'en pul'ik rik'in richin nroqon na jun wo'o' ch'utaq ramaj. K'a ri' nqaya' qa ri rab'iq'utumal, nqayüj jeb'el rik'in chuqa' nqaya' na q'ij nroqon jub'a'.

Chi ruwäch re K'aqosetul e k'o jalajöj kiwäch ik. Jalajöj kitzub'al, kib'anikil chuqa' jalajöj kipoqonal. Ri kaxlan ta winaqi' toq xtoqa xkitz'ët chanin chi ronojel nkitïj ri nkiya' ik rik'in chuqa' xkich'öb' qa chi ri ik tikirel nokisäx pa ruk'exel ri pimienta richin nuya' ruki'il ri wa'in.

K'o ruwach'ulew xkitz'ët chi ri jok'on ik nokisäx chuqa' richin nkaq'omaj ri tiko'n. Taq ri winaqi' nkajo' nkaq'omaj ri kitiko'n nkiporoj ri ik richin chi ri rusib'il nub'än re samaj re'.

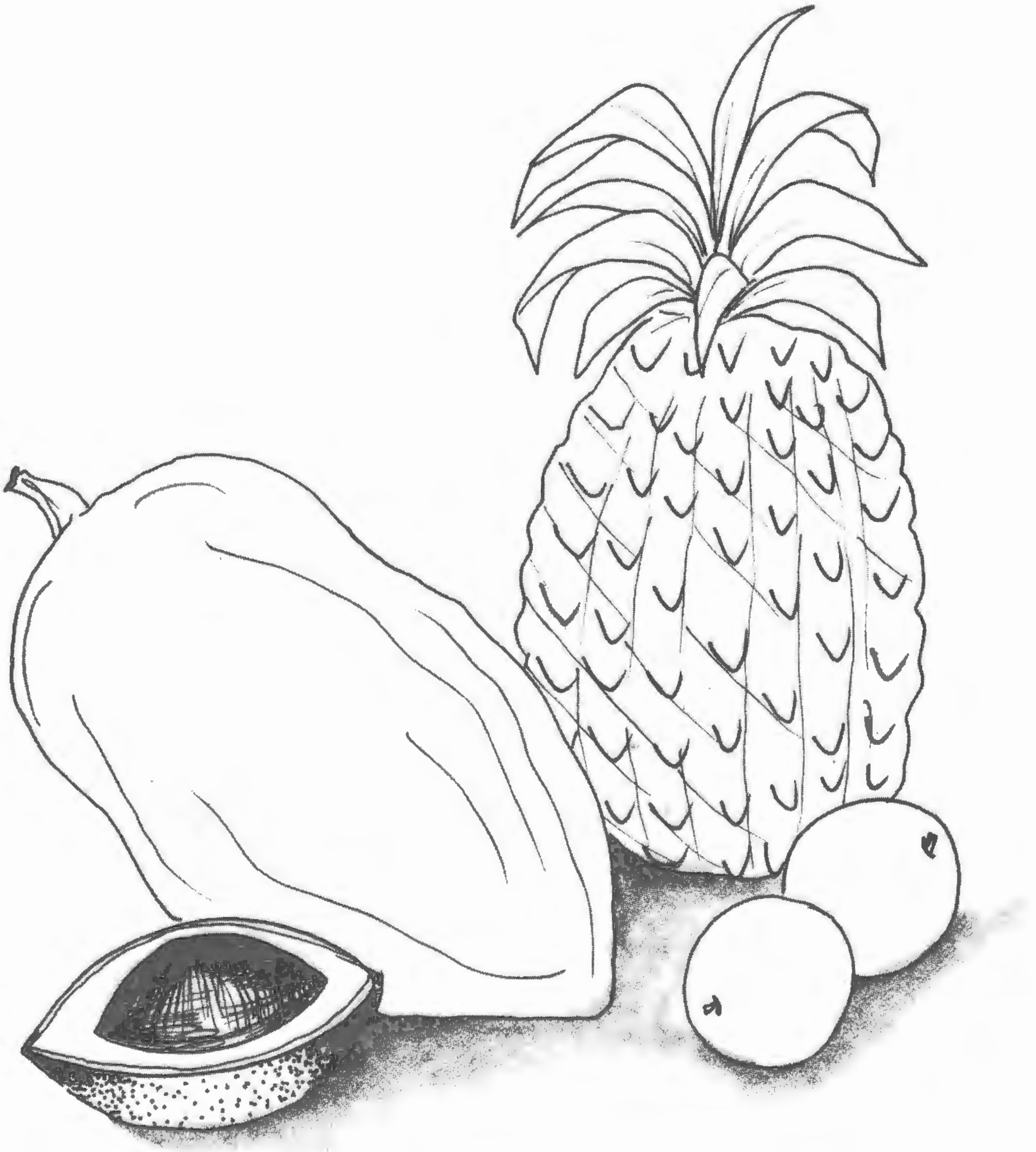
Ri oj jun tiko'n ri xpe pa México chuqa chi ruwäch runik'ajal re K'aqosetul. Chi rupam kan ri q'ij ri' e kaxlani' taq winäq xkitïj rik'in atz'am chuqa' e k'o xkitïj rik'in saqk'aj kab'. Ri oj jun che' ri ma jun ketaman ta ruwäch rije'. Jun nimläj eleq'on aj Inglés xutz'ib'aj kan chi ri qati't qamama' nkiya' saqk'aj k'ab', chuqa' ruya'al ri q'analanx, chuqa' nkitïj rik'in atz'am rachb'il ponon nimasaq'ul.

Ri tukun oj ja ri' ri jun q'utu'n yalan etaman ruwäch nb'an chi oj. Ri tukun oj petenäq chupam ri ch'ab'äl azteca "ahuaca-mulli", ri nuq'ajuj jok'on oj, rije' nkitük ri oj rik'in xkoya', puk'un xnakät chuqa' jun rutza'n mixmöj jub'ulichaj ; k'a ri', nkikëb' chwäch kiway.



Chwäch re ulew re' e k'o jalajöj taq ruwäch che' ri aj Saqasetul kaxlan taq winäq yalan ütz xkitz'ët ruma ri kijub'ulik, ri kiki'il. Ütz yetij chöj chi räx, ütz yeb'an pa ch'uch' kab' chuqa' ri yeb'an pa kab'.

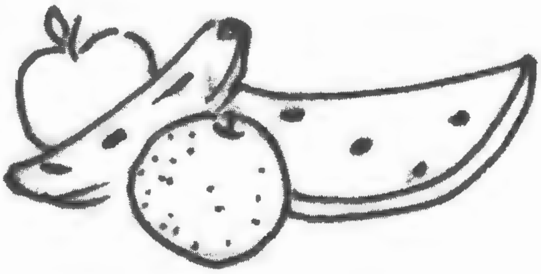
Chi kikojöl re ruwäch che' re' e k'o : ri päk, ri karnala, ri kaqrüm muni'l, ri käq', ri papaya, ri ch'op, ri tulül, ri q'antu'l chuqa' ri mutül oj.



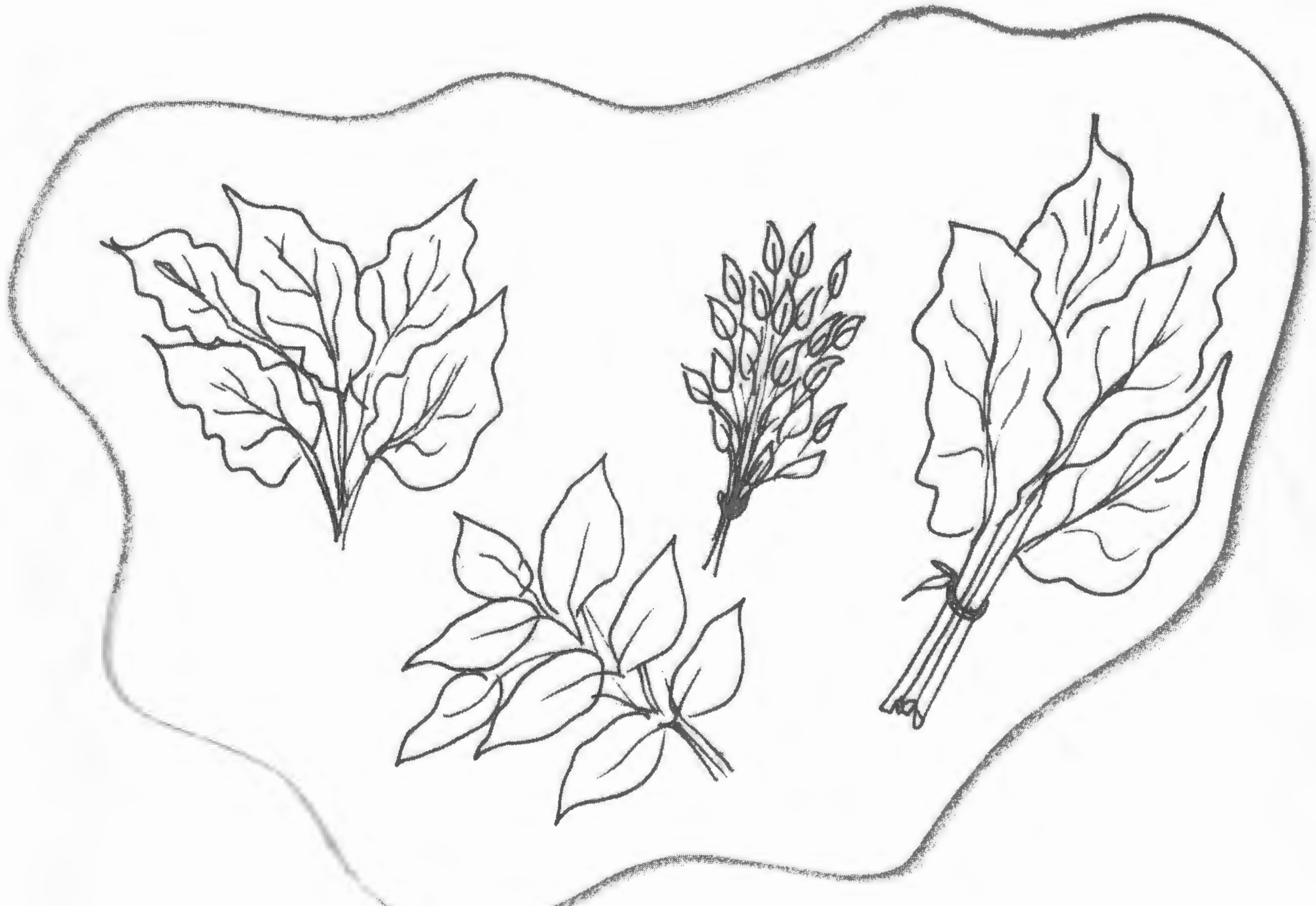
Ri ponon mixku'

Ri nk'atzin chi qe :
Ri mixku' (jujun kichin ri winaqi')

1. Nqab'än jub'a' rachäq q'aq' ri käq, käq.
2. Nqaya' qa ri mixku' chi runaqaj ri q'aq' chuqa' ütz nqaya' qa chi jujun pa ruwi' ri sab'äl ti'ïj.
3. Nqapiskolij jutaqïl ri munil richin jeb'el nq'är pe ronojel ri rij.
4. Nqach'öl rij eqal ri mixku', ke ri' tikirel chïk nqatïj qa.



Kan ojer ojer ri winaqi' kitijon pe jalajöj ruwäch taq che', chuqa' e kitijon pe jalajöj kiwäch taq ichaj, achi'el ri maqk'üy yalan nuya' rutob'al ri qakik'el ruma ruchajin yalan ch'ich' uchuq'a'. Chuqa' e k'o tiko'n ri ronojel tikirel ntij chi re: achi'el ruxaq ri k'ix, ri chaya nqab'än woxwol chi re (b'atz'on ke'en pa ruxaq ri ichaj). Chuqa' ütz yetij rusi'j ri k'um chuqa' ri parkiy.



Ri woxwol

Ri achike nik'atzin chi qe:

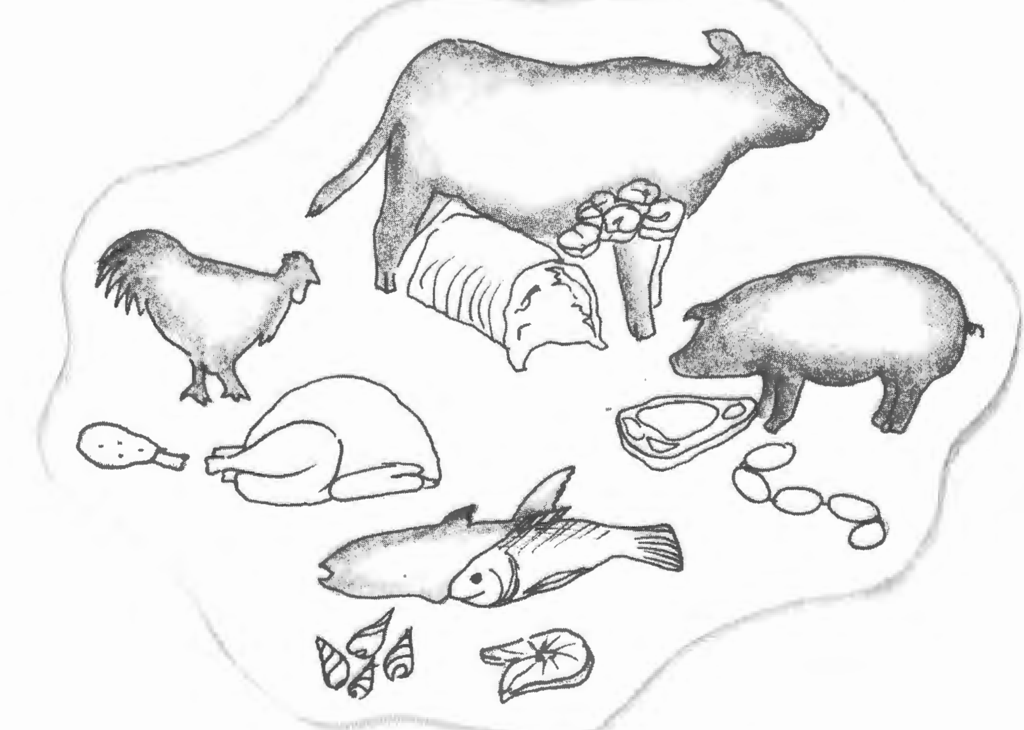
Ka'i' etab'äl ixim richin ri ke'en
Jun etab'äl ri xkoya'
Kaji' onza altomata
Nik'aj etab'äl rusakil ri k'um, ik'oy chuqa' ütz rusakil q'oq'
K'ïy ruxaq k'ix ri kan k'a lab' rub'anon
Ri ik chuqa' ri atz'am janipe' nawajo' rat

1. Nqacha' ruwäch chuqa' nk'iñx ri sakil; k'a ri' ütz nqajök' ruwi'.
2. Nqaya' qa jub'a' ch'uti lilöj ya' rik'in taq jeb'el jok'on chïk richin tzeptzïk nel.
3. Nqasu' jeb'el ruxaq ri k'ix.
4. Nqakok'ij chïk jeb'el ri ke'en sakil chwäch ka'.
5. K'a ri' nqaya' qa jub'a' ch'uti ke'en pa runik'ajal ruxaq ri k'ix, k'a ri' nqapïs rub'anikil.
6. Nqaya' qa ri woxwol pa jun b'ojo'y ri k'o jub'a' ya' chupam, k'a ri' nqaroqowisaj juk'al (20) ch'utaq ramaj.
7. K'a ri' nqach'äj jeb'el ri xkoya', altomata, ri ik k'a ri nqaroqowsaj lajuj ch'utaq ramaj.
8. K'a ri' nqajök' ruwi' ri xkoya', ri altomata chuqa' ri ik, chuqa' nqaya' jub'a' atz'am rik'in. Ronojel re' nqaya' qa pa ruwi' ri woxwol rokik ruchapon ruroqowik.
9. Ri woxwol ntij rik'in ri jok'on sakil.

Ri qati't qamama' yekanon chiköp chuqa' ri karunïk. Ri winaqi' e k'o wi pa taq meq'möj ulew ri Yucatán yalan yekitïj kär, ri täp chuqa' ri kök. Ri qati't qamama' yekichäp ri masat, ri juyb'äl aq, ri tu'ch, ri k'oy, ri tïx, jalajöj ajxik'a' taq chiköp, ri tz'i' chuqa' ri nyik'lun kij pipi'y aj pa q'ayïs, stape' e kawajun chïk ri pipi'y ja re kib'i' kiya'on ri kaxlan taq winaqi' "räk' juyu' ". Ri äk' e k'o wakami ja ri kaxlani' e k'amayon pe, rije' nkib'ij chi ke e "käk' ri Kaxlani' ". Chuqa' ch'aqa chïk awäj achike yeya'om ri ti'ïj nqatïj wakami (achi'el ri wakx chuqa' ri aq), xk'am pe kuma ri kaxlani' taq winaqi'.

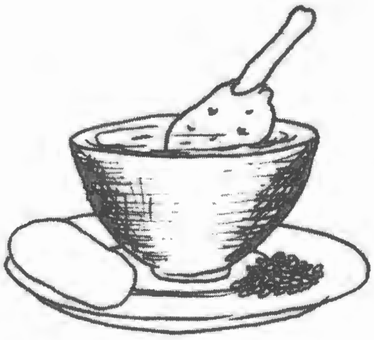
Ja k'a ri iwan yechap wi man xe ta ruma ri kiti' chuqa' ruma ri kisaqmolo' ütz yetij. Ri kaxlani' manäq wi ketaman ta kiwäch re chiköp re', stape' k'a man kan ta ütz kitzub'al re chikopi' re' nkib'ij chi kan achi'el titij kiti' ri umül. Ruma ri' ri Papa xub'ij chi ütz yetij kich'akul re chikopi' re' taq noqa ri Loq'oläj Q'ij achi'el ri kär.

Chi rupam ri raqän taq ya' yekichäp ri jut chuqa' ri nima taq sa'y; ri pan ulew yalan yetij ri ch'eken sanïk chuqa' julëy chïk chikopi' achi'el ri b'atz'ib'äl taq chiköp, yekiq'anarisaj pa xot, nkiya' jub'a' atz'am chi kij k'a ri' jeb'el yekipïs chwäch kiway. ¡Mmm! ¡Kan jeb'el yetij!



Ri kaq ik

Ri nik'atzin chi qe:

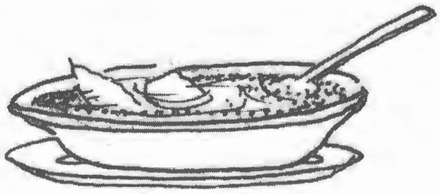


Jun qolqöl
Ka'i' xnakät
Nik'aj etab'äl ri altomata
Waqxaqi' chawän taq xkoya'
Jun ruwi' anxa
Lajuj ch'utaq k'olokäq ikilal
Ka'i' clavo ri jeb'el rujub'ulik
Jun ch'uti xik kanela
Wolajuj ch'utaq raqän ri alawina
Wlajuj raqän ch'utaq aj pa q'ayïs mixmöj jub'ulichaj
Juk'al raqän ri qitzij mixmöj jub'ulichaj
Ri atz'am chuqa' ri k'uxu' janipe' na nawajo' rat

1. Jeb'el nqach'ajch'ojirisaj ri qolqöl, nqach'äj, k'a ri' nqab'än pa taq xil chi re.
2. Nqaroqowsaj k'ïy ruya'al; k'a ri' nqaya' qa ri tïïj chuqa' ri xnakät chupam.
3. Yeqak'ilij ri ch'utaq runaq' ri k'olok'äq ikilal, ri lawx ikilal chuqa' ri rijikilal.
4. Yeqasa' ri xkoya' chuqa' ri altomata.
5. Yeqajök' ronojel ruwäch k'ilin, k'a ri' ri xkoya' rachb'ilan ri k'uxu', ri atz'am chuqa' ri anxa. Ronojel re' nqaya' qa chi rupam ruya'al ri q'utu'n rachb'ilan el ri alawina, ri aj pa q'ayïx mixmöj jub'ulichaj chuqa' ri qitzij mixmöj jub'ulichaj.
6. Taq xtich'aq'aj pe jeb'el ri tïïj, ütz chïk k'a ri kaq ik ri'.

Ri rikila'ik

Ri nik'atzin chi qe:
Ka'i' etab'äl ruti' äk', qolqöl chuqa' ütz rukoxтıla wakx
Jun nimaraxik ko'öl
Nik'aj etab'äl xkoya'
Jun ch'uti moq' altomata
Nik'aj etab'äl ri is
Jun onza ri ajonjolí
Jun onza rusakil tz'etz'
Jun ch'uti xil ri rijikilal
Ka'i' raqän xnakät
Ka'i' wotz'otz' wäy chuqa' ütz poskaxlanwäy ko'öl
Wo'o' ch'utaq ruxaq ri mixmöj jub'ulichaj
Jun ruwäch ri anxa
Oxi' ruk'ajil ri k'olo'ch ikilal
Jun k'ix



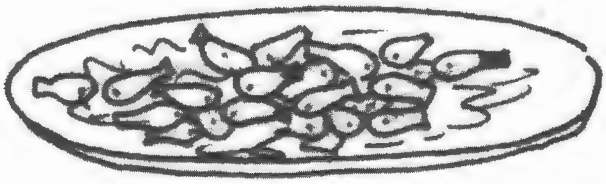
1. Nqach'äj ri ti'ij, yeqaqupij pa taq xil k'a ri' nqaroqowsaj chi rupam k'iy ya'.
2. Yeqach'äj ri xolq'utumal. Nqach'öl el rij ri k'ix, k'a ri' yeqasël pa taq xil. Nqaqupij ri is pa taq nik'aj.
3. Nqaya' qa ronojel ri xolq'utumal rik'in taq ri ti'ij nchaq'aj yan jeb'el.
4. Nqak'ilij ri ik rachb'ilan ri rijikilal. Juk'an chïk, nqak'ilij ri ajonjolí rik'in ri rusakil ri tz'etz'.
5. Yeqanarisaj ri wäy, chuqa' ütz ri poskaxlanwäy.
6. Yeqasa' ri xkoya', ri altomata, raqän ri xnakät rachb'ilan ri silantro; k'a ri yeqak'e'ej qa.
7. Taq ri xolq'utumal nchaq'aj pe, nqaya' qa ronojel ri jok'on ruwi' rik'in ri q'anarisan jok'on poskaxlanwäy; nqaroqowisaj jun lajuj ch'utaq ramaj, nqatz'ët qa wi xb'echaq'aj yan ronojel.

Ri patin

Ri nik'atzin chi qe :

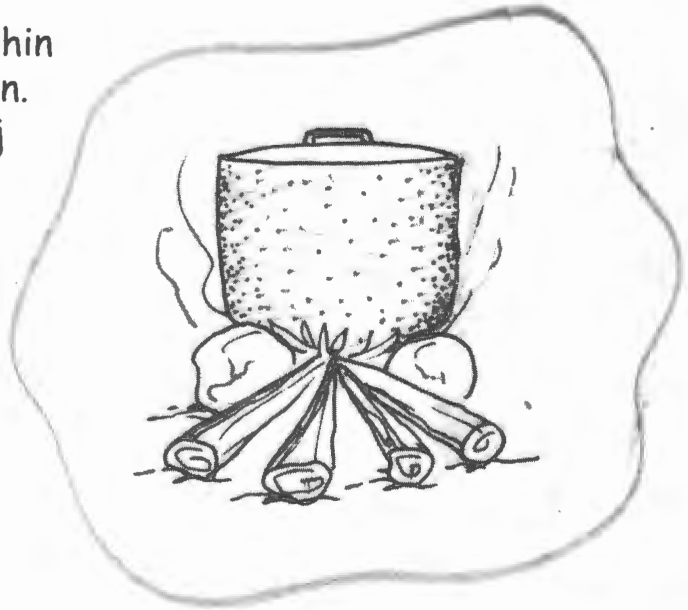
B'eleje' xkoya'
Jun xnakät selon pa taq xil
Jun ch'uti mokaj nima taq sa'y ri e chaqi'j chuqa' ri k'a kichapik chi la' Atitlán (re kib'i' patin)
Ri atz'am janipe' na ri ütz nana'

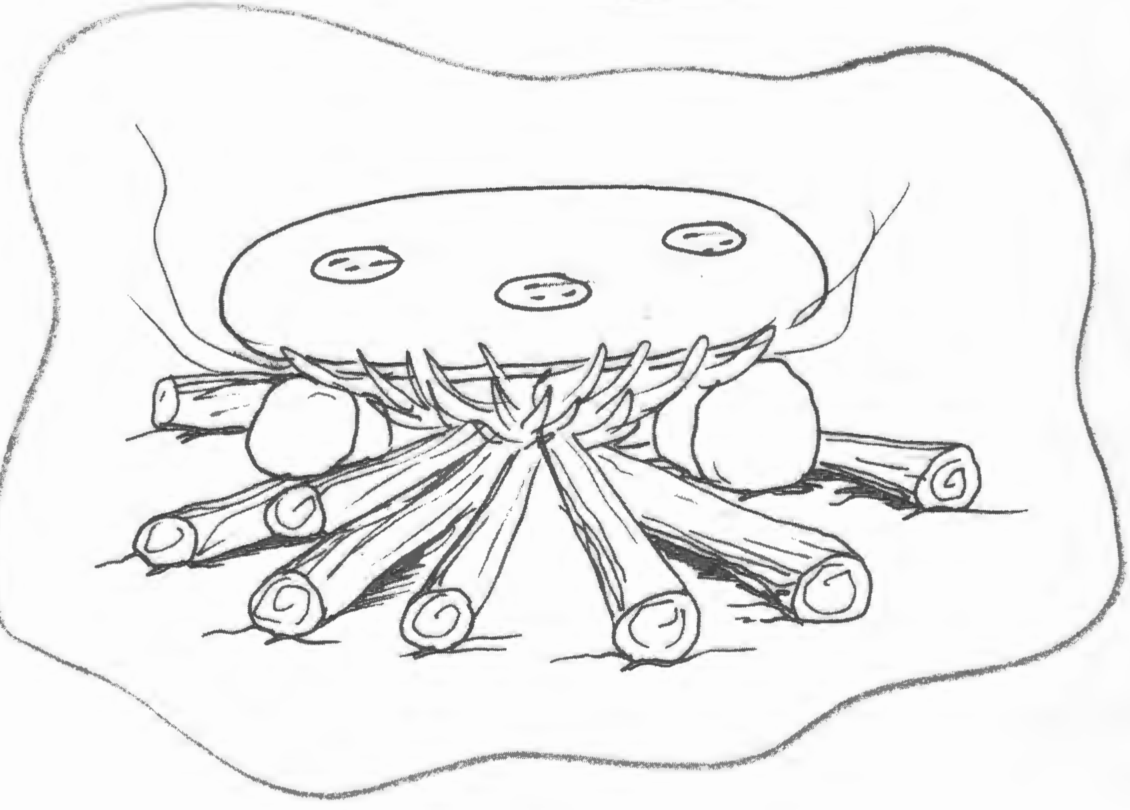
1. Nqach'äj ri xkoya' chuqa' ri xnakät ; k'a ri' yeqaroqowisaj pa jun ch'uti xa'r ya' waqi' ch'utaq ramaj pa jun b'ojo'y ri tz'apen ruwi'.
2. K'a ri' yeqake'ej ri xkoya' chuqa' ri xnakät ; k'a ri' nqaya' ri ya' rik'in akuchi' xeroqowisäx wi.
3. K'a ri' yeqaya' qa ri ch'utaq nima sa'y jeb'el e ch'ajon chupam ri xkoya' jok'on ruwi' rachb'ilan ri atz'am. Nqaroqowisaj chïk na jun waqi' ch'utaq ramaj.



Röj ri öj mayi' winaqi' jalajöj rub'anik nqatzïk jun q'utu'n. Kan ojer ojer kan ri qati't qamama' kokisan pe ri xot richin rub'anik ri wäy chuqa' richin nkimeq'erisaj ri takamäl. Chuqa' tikirel nqab'än jun q'utu'n ri kan niya' qa pa ruwi' q'aq' ri b'ojo'y nroqon ri q'utu'n chupam.

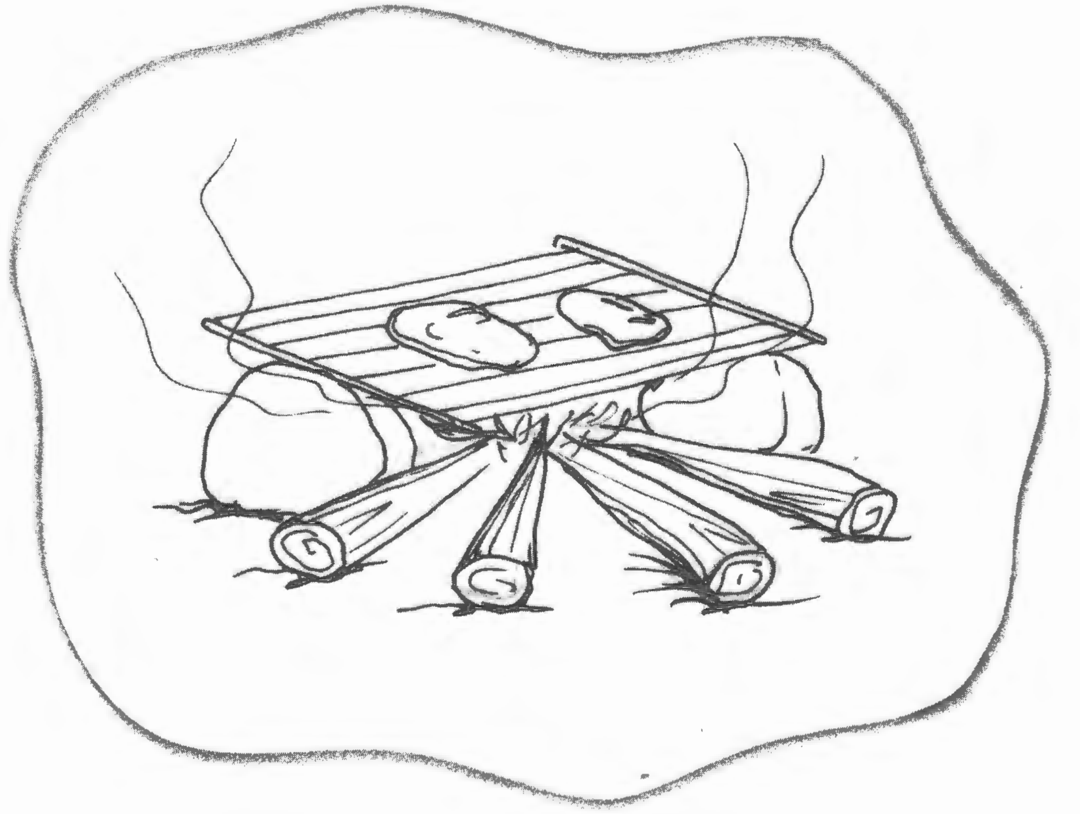
Ri ti'ïj tikirel nisa' chwäch q'aq' richin kan ntij yan qa chuqa' richin nyak kan. Jun chïk rub'eyal richin nyak ri ti'ïj ja ri' nb'an kan sesino chi re (nq'ob'isäx pa sïb') xe ri tzakon chïk jun b'ey.





Ja k'a ri xolq'utumal, tikirel yeqatzïk chi ruxe' ri "kaqpulüx chaj", taq jeb'el nk'at ronojel ri si' nqab'än jun ch'uti jül ri pa chaj, k'a ri' yeqaju' ok ri achike nqajo' nqachaq'ajirisaj, k'a ri' nqamüq chïk kan chi re ri k'atanaläj chaj, k'a ri' nqaya' q'ij chi jeb'el nk'at ri q'aq' pa ruwi'.

Ja k'a rik'in ri nima'q taq wa'in, ri qati't qamama' ojer kan nkib'än qa jun jül chi ruwäch ri ulew; ja k'a ri pa rachäq qa ri jül napon kan ri käq käq rachäq ri q'aq', k'a ri' nkijäch rachäq ri q'aq', nkiya' qa ri wa'in pa rachäq q'aq' k'a ri' nkiküch rik'in ruxaq ri k'ox chuqa' rik'in ri ulew, pa ruwi' re' nkiya' qa ri kiq'utu'n ja k'a pa ruwi' ri loq'oläj ulew nkib'öx jun kiq'aq'.



¡Röy yojtikïr chïk!

¡Tiqokisaj ri kuchb'äl ruwa qak'u'x, keqachapa' ri tukulb'äl chi qajujunal, k'a ri' ütz nqab'än chi re ri qasamaj!

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